



TOWN OF MAYNARD

Board of Health

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West Nile Virus Confirmed in a Dead Bird from *Maynard*.

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The Massachusetts Department of Public Health (MDPH) announced today the first West Nile virus (WNV) positive bird of 2008 in Maynard. In 2007, 3059 dead birds were reported to MDPH and forty-three tested positive for WNV. No birds submitted from Maynard were positive for WNV in 2007 ; but in 2006 there was one bird that tested positive for WNV.

While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe infection. WNV is most commonly transmitted to humans by the bite of an infected mosquito infected with the virus.

People have an important role to play in monitoring for WNV and protecting themselves and their loved ones.

Avoid Mosquito Bites

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
 - **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] or **IR3535** (Chemical Name: 3-[N-Butyl-N-acetyl]-aminopropionic acid, ethyl ester) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Mosquito-Proof Your Home

- **Drain Standing Water** - Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

While Maynard continues to work closely with the MDPH and other agencies, locally we are *served by the Eastern Middlesex Mosquito Control Project has treated our catchbasins with larvicide. Additionally, they advise that the cool nights and pending early frost will help to minimize the risk. However, continue to follow the advisory recommended by DPH.*

Information about WNV and reports of WNV activity in Massachusetts during 2008 can be found on the MDPH website at www.mass.gov/dph under A for Arbovirus in the "Health Topics A to Z" index.